



Richard Monette – Extended Bio



*"My passion is the quest for human achievement."
– Richard Monette*

Richard Monette leads a life dedicated to his passion: improving human and organizational performance. In aspiring to reach new heights in his own performance, Richard has developed credible expertise in leading others on similar journeys. His diverse clientele, spanning from world champion athletes to corporate CEOs, speaks to the universal application of his strategies. He teaches corporations and individuals to strive beyond the safe and familiar – to learn when challenge and risk are necessary and how to balance these with pragmatism. He helps his clients understand where their creative performance lies and how to use it.

A universal framework for performance. In a career spanning over twenty years, Richard has acquired extensive academic credentials and practical expertise in business, athletics, and education. A unique combination of skills and experiences has allowed Richard to create a universal framework for performance, particularly applicable to business. Richard Monette has a broad range of professional experience, working as a business strategist, corporate performance coach, sports psychology consultant to professional athletes and Olympians, author, and public speaker.

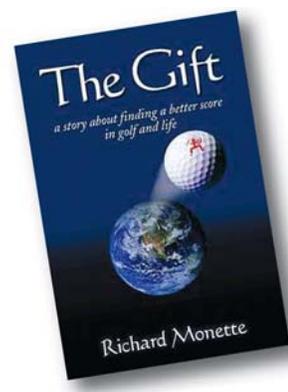
A solid client list. Richard has delivered his unique approach to organizations such as Bristol-Myers Squibb, Nova Chemical, Lafarge Cement, Samson Canada Ltd., Movie Central, The National Screen Institute - Canada, Telus, Toronto Dominion Bank, Tiverton Petroleum Ltd., The Canadian Association of Insurance and Financial Advisors, Alberta Treasury Branch, Investors Group, TransAlta Utilities and others. Richard creates individual coaching programs as well, and has worked one-on-one with corporate leaders, professional athletes and World Champions.

Diverse projects. In addition to his consulting activities with InnerWarrior Consulting, Richard created the Sport Psychology and Peak Mental Performance curriculum that is now taught as a fullcredit course in Alberta high schools. He recently completed his first novel, *The Gift – A story about finding a better score in golf and life*. He also created, and continues to facilitate, Beyond Golf, the workshop: Improve your score in golf, business, and life.

An effective strategic change agent. From September 2000 to September 2003, Richard's was retained as a strategic performance consultant and executive coach to Tiverton Petroleum Ltd. Richard worked closely with Tiverton's president and management to design and deliver a strategic plan to restructure and significantly increase Tiverton's level of performance. Tiverton achieved its objective. During that period of time Tiverton's production went from 243 to 1300 Boepd and its market cap increased from approx. \$6.8 million to approx \$40 million.

Summary. Richard's unique strategies blend creative and business expertise, challenging others to excel in areas such as leadership, sales, marketing, customer service and productivity, as well as life. With clients from world champion athletes to corporate CEOs, Richard's specific, motivational techniques are formulated to identify and develop existing talents while capitalizing on risk. Custom-tailored group facilitation and keynote presentation packages are available for teams and boards. Richard's consultancy InnerWarrior Consulting is headquartered in Banff, in the Rocky Mountains. Richard travels extensively, coaching on-site and leading off-site retreats and excursions internationally.

Richard is currently a member of the International Coach Association, as well as a member of the Association for Applied Sport Psychology. He is also a Qualified Strength Deployment Inventory (SDI) Facilitator.



For more information, please contact your local speaker's bureau.